

# How Do I Get Started With Changing My Eating Habits

- Set short-term goals and write them down.
- Make one or two changes at a time and start with something easy.
- Tell yourself to eat until you are satisfied, not until you are stuffed.
- Take your time, eat slowly, and enjoy your food.
- Keep a food record to help you see where changes can be made.
- Consider some of the following to get started:
  - Eat more fruits, vegetables, whole grains, and low fat dairy products. These are good for you and help to fill you up.
  - Drink a glass of water before eating.
  - Drink water, diet sodas or artificially sweetened drinks instead of sugar-sweetened beverages.
  - Get rid of snack foods high in calories, fat, and sugar – if you don't have these foods available, you won't be as tempted.
  - Have healthy snacks easily available.
  - Broil, bake, steam or grill your food instead of frying it.
  - Choose lean cuts of meat; cut off visible fat.
  - Plan snacks and meals ahead of time.
  - Avoid alcohol.

